Fall 2005 Issue
$3.00

Eco-Sense

AEHA/AASE

Allergy and Environmental Health Association – Ottawa Branch

Association allergies, santé et environment – Chapitre d'Ottawa

Better Living through Chemistry?

The advertising slogan of the 50s and 60s, "Better Living through Chemistry," seemed to hold great promise for our future, but as awareness of the health and environmental effects of toxic chemicals grows, more and more people are seeking natural alternatives. The feature articles in this issue reflect our concerns for the quality of the air we breathe, the food we eat, the water we drink, as well as the personal care products we apply to our bodies, the chemicals we add to our laundry, the cleaning agents we use, and the building materials and furnishings in our homes.

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Visit the Allergy and Environmental Health Association's website at **www.aeha.ca**

AEHA-Ottawa is a member of the GLOBAL RECOGNITION CAMPAIGN for Multiple Chemical Sensitivity and other Chemically Induced Illnesses, Diseases & Injury affecting civilians and military personnel.

Eco-Sense

A publication of the Ottawa Allergy and Environmental Health Association. Reprinting of original articles is permitted with appropriate acknowledgment.

AEHA: Self-help, education, prevention

AEHA is a national registered charity operated by volunteers with branches in cities across Canada. Together we strive to promote awareness of environmental conditions that may be harmful to human health, and to bring individuals together for mutual support and education.

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NOTE TO CONTRIBUTORS

Eco-Sense welcomes ideas for articles, written submissions or suggestions for reprinting articles from other sources. Reprinted articles must be submitted with permission from the original publisher, and with the name of the source and date of publication. These articles should be timely (i.e., published within the previous six months). All articles submitted to *Eco-Sense* should be factually correct and with assumptions, assertions and facts cited duly referenced.

DISCLAIMER

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Deadline for Winter 2006 Issue Submissions:
February 1, 2006

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AEHA - Ottawa

Join us!

Membership is $25/year and includes:

- access to informative meetings and workshops,
- AEHA Ottawa's *Eco-Sense* newsletter,
- access to the *Source Book,*
- access to organic meats and wild game at reasonable cost,
- speaking with one voice to obtain a pesticide bylaw,
- access to upcoming events,
- information about conferences, etc.
- opportunity to list items in our "buy, trade and sell" section in *Eco-Sense* and the AEHA website.

For those who do not have the financial means to pay for a subscription, please call Linda Nolan-Leeming at 274-7820.

Donations Welcome

As a non-profit organization whose income is based mainly on membership dues, we welcome your donations to allow us to carry out the important work of helping those with environmental sensitivities help themselves.

AEHA Welcomes:

- Suggestions for presenters and topics
- English Articles for Eco-Sense
- Articles in French for Eco-Sense

Library News

www.aeha.ca

For a listing of books in our library, please visit the AEHA website at www.aeha.ca

We are still struggling with the challenge of ozonating a few books at a time (to treat books that were affected by mould) and getting them all together in one place.

If there is a book in our listing that you would like to borrow, just call our Hotline at 860-2342 and Mary will make that book available for pickup at the AEHA office located in Dr. Armstrong's Ottawa Environmental Health Clinic at 3364 Carling Avenue. Pickup times are during office hours, Mondays and Wednesdays from 2-5 p.m. If those times are not convenient, please call Mary at 721-6910 to make alternate arrangements. Watch for new titles on our website in the new year.

Environmental Sensitivities – a Definition

Reprinted selection from "It's Time for Help in Quebec", Fall 2004 Eco-Sense *(a revision of an AEHA-Quebec article by Rohini Peris).*

Environmental sensitivities can occur when people become sensitive to substances or phenomena in their everyday environment at levels well below what would be considered to be acceptable to "normal" people. Sensitivity reactions can be triggered by scented products, cleaning products, laundry detergents, paints, petrochemicals, cigarette smoke, pesticides, pets, plants, fuels, electromagnetic radiation, molds, and foods.

The effect of environmental sensitivities can be overwhelming. Productive people may suddenly or gradually become unable to tolerate offices, homes, schools, hospitals and public places. Employers, who may or may not be aware of the problem, may refuse to make the accommodations necessary to allow people affected to continue working in safety. Many people with sensitivities lose their jobs if they are not provided with the accommodations they need to work productively. Some become homeless. All too often, retirement savings are depleted and debts are incurred in an attempt to create safe living conditions and to fund the cost of treatment. Treatment of these problems can be expensive and difficult to obtain, and includes avoidance of offending agents. Some people with sensitivities do improve after many years if they are able to find a safe environment in which to live and work, and if they can obtain (and afford) treatments that are both tolerable and effective for them. Sadly, despite skills and education, some people with sensitivities end up on social assistance. Many become socially isolated as they are forced to retreat from places and activities they love, and for some, the devastation extends to losing spouses, family and friends who may not believe that they are ill.

This disability may be invisible, but it is real. Like others with disabilities, persons with sensitivities have special needs which include, but are not limited to: housing in a safe and tolerable environment so that their bodies can heal, well-tolerated, environmentally safe products available at a reasonable cost, consumer self-help groups, a support system, tolerable meeting places, publicly funded treatments, safe hospitals, schools and other public facilities, and accommodation in the workplace. Like all Canadians, we are entitled to freedom from discriminatory treatment, which includes the right to accessible workplaces, accommodation and public facilities. Notably, environmental sensitivities have been recognized as disabilities by the Canadian Human Rights Commission and many provincial human rights commissions.

Message from the President

BY LINDA NOLAN-LEEMING

Dear Members,

As holiday time draws near, we must count our blessings. Although our hard work did not produce a pesticide bylaw, it did act as a glue that brought a lot of like-minded people together. We are now building on this wonderful team of volunteers – and AEHA is visibly moving forward. We have been making meaningful progress in many areas, and it is clear that things are really starting to happen for us.

Two of the highlights of 2005 were the Pesticide Conference in February and the Environmental Health Conference in November which featured Dr. Jozef Krop and Dr. Jennifer Armstrong. We seem to have moved beyond the poorly attended monthly meetings at the McNabb Community Centre to much larger events. It takes a lot of time and effort to produce these events, and I would like to thank all of our volunteers who make all things possible.

The charitable status of all AEHA locals has now been secured and this is a huge accomplishment. I would like to thank Dr. John Maclennan, the father of Environmental Medicine in Canada and originator of the Human Ecology Foundation, our national, umbrella organization. Still a trailblazer at 94 years young, he has passed the torch to a very keen group that will keep the flame burning bright. Thanks to Dr. Maclennan, the Board of AEHA would now like to move ahead on important issues. We must now acquire funding so that we can realize some of our most urgent goals . . . namely our "Safe Housing Project". This issue had to be put on the back-burner while we worked on the pesticide bylaw. We can now re-focus our energies into applying for funding so that we can make this dream a reality within the next three years. There are so many people that need safe, affordable, non-toxic housing. For those of you with this need, please add your name to the waiting list that can be accessed on our website. If you have already done so, I would urge you to submit your name again and allow us to verify that it is on the list.

Lastly, I would like to wish you all the very best of the Holiday Season. EI/MCS can be a very difficult illness to deal with. Managing the illness involves learning how to live a different way of life. We at AEHA are here to teach you these management skills and give support and information where needed. Thank you for being a member and supporting us.

Sincerely,

Linda Nolan-Leeming

Thank you!

To those who have deservedly passed on the torch for these respective duties:

- Judith Baril for her years of dedication to the vital job of maintaining the membership list, processing memberships and renewals, and sending out membership kits.
- Monique Rook for all of those hours spent picking up venison and moose for the meat freezer, and her time spent on paperwork and distribution of the meat.
- Jane Wilson for her promotion work for conferences and for her many hours of editing and checking sources for the newsletter.

Welcome to our new volunteers:

- Matilda Samuel - membership kits and cards
- Kathy Dickinson - meat pickup/delivery/inventory
- Carole Lebel & George Samuel - Source Book update
- Larry Clooney - fundraising applications and display
- Snezana Jaksic - display
- Mari Wellman - event promotion

We'd like to extend a big thank you to the many volunteers who helped at the November 19 conference: Louise Hannant, Eric Thomas, Kathy Dickinson, Mari Brown, Larry Clooney, Gord & Anne McCallum, Matilda & George Samuel, Pierre de Basseccourt, Snezana Jaksic and Frances McInnes. We would also like to thank The Table for their donation of organic tea, Loblaws for their donation of $50, Mari Wellman and Bridgehead for their donation of organic coffee, and Trillium Bakery for selling us baked goods at cost. Thank you to our wonderful speakers, Drs. Krop and Armstrong. We also appreciate all volunteer efforts on the pesticide issue, and would like to express our appreciation to those who help by providing information and a helping hand whenever and wherever needed.

Thank you to our Board of Directors and Executive for their hours of dedication to AEHA.

We'd also like to extend a big thank you to the Green Door for graciously letting us use their restaurant on very short notice for our October 22nd presentation.

LETTER TO THE EDITOR

The value of olive oil

Further to Stavros Kalogerakos' excellent article on olive oil, I confirm that real olive oil has long been associated with good health and longevity in nutrition circles. We need lipids (fats) for our health: an absolute minimum of 10 percent by calories; 20 percent is better as a minimum. The monounsaturated lipids of real olive oil, combined with its very low saturated and omega-6 content, and zero trans-fats, make it uniquely valuable for those of us who care for our health.

There is a simple way to detect adulterated olive oil: put it in the fridge! Real olive oil will turn uniformly cloudy within a few days, then gel over a period of less than a week. Omega-6-laden non-olive vegetable oils will stay as liquid as water even after a year in a fridge. Adulterated olive oil will take longer than real olive oil to gel, then will show threads of gelled and non-gelled oils, because real olive oil and other vegetable oils don't mix well.

I recently alerted the Canadian Food Inspection Agency about a case of adulterated oil based on this test. Stavros isn't kidding – it happens. Stay alert for our health!

John Sankey, Ottawa

Trying to avoid MSG? Try this new resource

By Bonita Poulin

Many people are trying to avoid certain substances in their foods such as aspartame and MSG. However, some of these substances may be hidden under unfamiliar names. For example foods contain MSG when any of these are listed on the label:

- monosodium glutamate
- glutamate
- glutamic acid
- autolyzed plant protein yeast extract

Foods may contain MSG when they are listed as having:

- Malted barley (flavour)
- Maltodextrin
- Carrageenan
- Modified food starch

For more information on hidden substances and tips on how to read labels, check out the book, *Battling the MSG Myth*. For more information visit: www.msgmyth.com

NEWS:

Chemicals Make You Fat – the Medical Evidence

Eliminate Chemical Calories! What is the cause of obesity? Why do current estimates suggest that women are gaining weight to the tune of 450 g and men 225 g each year despite the many diets they undertake? Could it be true that the chemicals in our food, skin care and detergents make us fat?

The foundation for most diets today is based on the work of Drs Johnston and Newsborough of Michigan University who, during the 1930s, developed the theory that if a person consumes fewer calories than the body needs, the body will burn up its fat stores. In her groundbreaking book, *The Detox Diet – Eliminate Chemical Calories and Enhance Your Natural Slimming System*, Dr Paula Baillie-Hamilton tackles what she believes is the root cause of weight gain.

Our own natural weight control system is being poisoned by the toxic chemicals that we encounter in our everyday lives – this damage makes it increasingly difficult for our bodies to control their own weight, so we end up getting fatter even if we eat less food. This detox diet approach tells us how to avoid the most "fattening" chemicals, or "chemical calories" in our food and around our home. It explains how we can shed our body's load of chemical calories safely, and rebuild our natural slimming system. Synthetic chemicals damage our health in two ways. First, by acute "poisoning" through exposure to large quantities, which induce almost immediate and often violent reactions that account for 220,000 fatalities worldwide every year. The second, more subtle way is by long-term exposure to much lower levels.

http://www.inspiredliving.com/organic/chemicalsmakeyoufat.pdf

Chlorine: The Paradox

By Barrie Carlsen

(Permission granted to reprint in full from VISTA magazine.)

Although chlorine has essentially eliminated the risks of waterborne diseases such as typhoid fever, cholera and dysentery, we now know that serious health problems arise when chlorine is ingested. Chlorine finds its way into your body though drinking water, your skin in the bath, shower or public swimming pools, and through your respiratory system by breathing in chlorine fumes created in a hot shower.

Though it has been promoted for decades as safe, it is a highly toxic greenish yellow gas with a pungent odour that's used in many processes.

Chlorine is used:

- For the manufacture of bleaching powder and liquid bleaches
- To bleach fabrics (e.g. linen and cotton), wood pulp and paper
- To manufacture a wide range of chloro-organic solvents, including methylene chloride (CH_2Cl_2, chloroform, $CHCl_3$ and carbon tetrachloride, CCl_4
- To manufacture a number of important inorganic chemicals, including sulphur chloride, $S2Cl_2$, thionyl chloride, $SOCl_2$, phosgene (i.e. carbonyl chloride), $COCl_2$, and inorganic chlorates, (e.g. sodium chlorate, $NaClO_3$)
- For the direct manufacture of hydrochloric acid
- For the extraction of gold from its ores
- In the manufacture sodium hypochlorite (domestic bleach), disinfectants, insecticides, plastics and hydrochloric acid
- To kill bacteria in the preparation of drinking water
- To manufacture paints, aerosol propellants and plastics

Cancer-fighting nutrients become deadly when combined with chlorinated tap water. It has been discovered that some of the most valuable nutrients and essential anti-disease phytochemicals form cancer-causing substances when combined with chlorinated tap water. This includes familiar foods like soy, fruits, vegetables, tea, many health products, and even some vitamins.

Fighting on the wrong side

Recently, a joint study was undertaken in Japan by research scientists at the National Institute of Health Sciences and Shizuoka Prefectural University. They determined that natural substances originating from these foods react with chlorinated tap water, forming dangerous compounds, named MX, which stands for "unknown mutagen". They are similar to well-known and more easily detected cancer-causing THMs (trihalomethanes).

The Japanese scientists specifically mentioned that MX is created by the reaction of chlorine with plant phytochemicals such as catechins, which are contained in tea and flavonoids (found in fruit). To make things worse, it is certain that the fresh plant foods we eat react even with the chlorinated tap water we drink with our meals. This means that fresh fruits, cooked and raw vegetables, green tea, black tea, herb teas, soy products, vitamin pills, various health supplements, and even some pharmaceutical drugs in combination with chlorinated water can all be implicated in cancer. These foods contain a significant amount of phytochemicals including hormones, sterols, fatty acids, polyphenols, and ketones – the subgroups that include flavins, flavonoids, flavones, tannins, catechins, quinones, isoflavones and tocopherols.

Destroying valuable nutrients

These compounds are some of the most valuable and promising anti-cancer nutrients found in our foods and health supplements. Coenzyme Q10 is a quinone, vitamin B2 is a flavin, vitamin E is a tocopherol, citrus fruit bioflavonoids like hesperidin, quercetin, and rutin are all flavonoids. Green tea contains catechins, phenols, tannins, and isoflavones. Potentially all of these substances, and many more, are implicated by chlorination.

The deadly cancer-causing agents that are produced are extremely toxic in infinitesimal amounts, so obscure that they are extremely difficult to detect. Very little chlorine is required. When the concentrations of photochemicals are high, such as in health supplements or even fruits and vegetables coming from more fertile soil, the deadly combination with chlorination intensifies.

It has been known by the water treatment and chemical industries for many years that chlorine reacts negatively with natural organic compounds. These industries call the compounds DBPs (disinfection by-products) and they are known to cause cancer in populations whose drinking water contains them. THM, the most commonly known DBP, causes a high incidence of bladder cancer and causes spontaneous abortion of fetuses.

In 1997, scientists in Finland determined that MX was 170 times more deadly than other known toxic byproducts of chlorination, and was shown in laboratory studies to damage the thyroid gland as well as to cause cancerous tumors.

Causing thyroid disorders

Chlorine, flourine, and fluoride are chemically related to iodine, and compete with it, blocking iodine receptors in the thyroid gland. Dioxin, a dangerous chlorine related compound found throughout the food chain, is one cause of low thyroid. Rather than feeding the body's endocrine glands (including the thyroid) as nature intended, the hormone-like nutrients found in food are altered by chlorine and turned into mutagens that do permanent damage to the glands. Also, the serious deficiency of valuable phytochemicals in modern diets may be responsible for undernourished hormonal functions in those with otherwise healthy glands.

Protecting yourself

To protect your self from the destructive effects, avoid chlorine (and fluorine) like the plague. Avoid drinking coffee and especially tea that has been prepared with chlorinated tap water (most restaurants prepare coffee and tea with tap water). Drink only filtered or distilled water. Install a water filter system in your house, or at the very least install water filters on your shower.

To help rid yourself of the chlorine in your system and get the intended benefit from your food and nutritional supplements, you may want to try humic extracts (especially fulvic acids), that are said to provide natural chelation properties. Chelation means that the chemicals actually bond with or "pick up" the toxins. They detoxify the liver and the digestive tract by attaching to toxic build-up, including heavy metals and chlorination byproducts, and then disarm, neutralize, and remove these toxins as waste products. Fulvic acids also work as nature's most powerful antioxidants, neutralizing dangerous free radicals and supplying hormone-stimulating micronutrients.

The chlorine issue should come as no real surprise to any biochemist. Chlorine has been combined with many other normally safe organic substances to form some of the most powerful deadly toxins known, such as dioxin, DDT and PCBs. The bottom line is that chlorine is the real culprit in disintegrating health, not the substances with which it reacts.

Barrie Carlsen is the contributing editor and publisher of The Nutrition Digest of Essential Nutrients. *Barrie was inducted into the Canadian Health Food Association Hall of Fame for more than 20 years of contributions to the health food industry.*

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3. Rhomberg, L Ph.D.; Risk In Perspective: Are Chemicals In the Environment Disrupting Hormonal Control Of Growth and Development? April 1, 1996; Harvard Center for Risk Analysis.
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Toxic chemical cocktail found in many new cars

Berlin, Germany
Mail & Guardian Online, 12 October 2005

The intensive odour in many new cars results from more than 100 different chemicals that can have serious health effects, the German environmental organisation Bund has warned.

"The concentration of chemicals surpasses the legal limit substantially in some cases," Bund chemical expert Patricia Cameron said. "Even months after the car's production the chemicals leak into the car interior, endangering the health of the driver and passengers."

Most of the chemicals come from paint and textiles and are emitted especially during hot weather. They can form a thin film on the interior surface of the car windows.

Bund and its sister organisation in Austria, Global 2000, conducted tests on six cars including models from Opel, Mercedes-Benz, Renault, Mitsubishi, Volkswagen and Alfa Romeo.

In some of the cars the organic chemicals such as formaldehyde and benzol measured 15 mg/m^3, according to Bund. One milligram however can already cause irritation to the skin, eyes and respiratory system.

"When scientists for instance recommend a maximum ceiling of 0,125 mg/m^3 of air for formaldehyde and three times as much is found in cars, something has to be done," according to Cameron.

Unborn Babies Soaked in Chemicals, Survey Finds

July 14, 2005 - By Maggie Fox, Reuters

WASHINGTON - Unborn U.S. babies are soaking in a stew of chemicals, including mercury, gasoline byproducts and pesticides, according to a report to be released Thursday.

Although the effects on the babies are not clear, the survey prompted several members of Congress to press for legislation that would strengthen controls on chemicals in the environment.

The report by the Environmental Working Group is based on tests of 10 samples of umbilical cord blood taken by the American Red Cross. They found an average of 287 contaminants in the blood, including mercury, fire retardants, pesticides and the Teflon chemical PFOA.

"These 10 newborn babies ... were born polluted," said New York Rep. Louise Slaughter, who planned to publicize the findings at a news conference Thursday.

"If ever we had proof that our nation's pollution laws aren't working, it's reading the list of industrial chemicals in the bodies of babies who have not yet lived outside the womb," Slaughter, a Democrat, said.

Cord blood reflects what the mother passes to the baby through the placenta.

"Of the 287 chemicals we detected in umbilical cord blood, we know that 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests," the report said.

Blood tests did not show how the chemicals got into the mothers' bodies.

Mercury and Pesticides

Among the chemicals found in the cord blood were methylmercury, produced by coal-fired power plants and certain industrial processes. People can breathe it in or eat it in seafood and it causes brain and nerve damage.

Also found were polyaromatic hydrocarbons, or PAHs, which are produced by burning gasoline and garbage and which may cause cancer; flame-retardant chemicals called polybrominated dibenzodioxins and furans; and pesticides including DDT and chlordane.

The same group analyzed the breast milk of mothers across the United States in 2003 and found varying levels of chemicals, including flame retardants known as PBDEs. This latest analysis also found PBDEs in cord blood.

The Environmental Working Group report coincided with a Government Accountability Office report issued Wednesday that said the Environmental Protection Agency does not have the powers it needs to fully regulate toxic chemicals.

The GAO, the investigative arm of Congress, found that the EPA's Toxic Substances Control Act gives only "limited assurance" that new chemicals entering the market are safe and that the EPA only rarely assesses chemicals already on the market.

"Today, chemicals are being used to make baby bottles, food packaging and other products that have never been fully evaluated for their health effects on children -- and some of these chemicals are turning up in our blood," said New Jersey Democrat Sen. Frank Lautenberg, who plans to co-sponsor a bill to require more testing of toxic chemicals.

Pollutants and other chemicals are believed to cause a range of illnesses. But scientists agree the only way to really sort out the effects is to measure how much gets into people and then see what happens to their health.

Source: Reuters

http://www.enn.com/today.html?id=8239

Washington State University Study Points to Role of Toxins in Inherited Disease

From *Washington State University News*, June 2005

A disease you are suffering [from] today could be a result of your great-grandmother being exposed to an environmental toxin during pregnancy.

Researchers at Washington State University reached that remarkable conclusion after finding that environmental toxins can alter the activity of an animal's genes in a way that is transmitted through at least four generations after the exposure. Their discovery suggests that toxins may play a role in heritable diseases that were previously thought to be caused solely by genetic mutations. It also hints at a role for environmental impacts during evolution.

"It's a new way to think about disease," said Michael K. Skinner, director of the Center for Reproductive Biology. "We believe this phenomenon will be widespread and be a major factor in understanding how disease develops."

The work is reported in the June 3 (2005) issue of *Science* Magazine.

Skinner and a team of WSU researchers exposed pregnant rats to environmental toxins during the period that the sex of their offspring was being determined. The compounds – vinclozolin, a fungicide commonly used in vineyards, and methoxychlor, a pesticide that replaced DDT – are known as endocrine disruptors, synthetic chemicals that interfere with the normal functioning of reproductive hormones.

Skinner's group used higher levels of the toxins than are normally present in the environment, but their study raises concerns about the long-term impacts of such toxins on human and animal health. Further work will be needed to determine whether lower levels have similar effects.

Pregnant rats that were exposed to the endocrine disruptors produced male offspring with low sperm counts and low fertility. Those males were still able to produce offspring, however, and when they were mated with females that had not been exposed to the toxins, their male offspring had the same problems. The effect persisted through all generations tested, with more than 90 percent of the male offspring in each generation affected. While the impact on the first generation was not a surprise, the transgenerational impact was unexpected.

Scientists have long understood that genetic changes persist through generations, usually declining in frequency as the mutated form of a gene gets passed to some but not all of an animal's offspring. The current study shows the potential impact of so-called epigenetic changes. Epigenetic inheritance refers to the transmission from parent to offspring of biological information that is not encoded in the DNA sequence. Instead, the information stems from small chemicals, such as methyl groups, that become attached to the DNA. In epigenetic transmission, the DNA sequences – the genes – remain the same, but the chemical modifications change the way the genes work. Epigenetic changes have been observed before, but they have not been seen to pass to later generations.

While this research focused on the impact of these changes on male reproduction, the results suggested that environmental influences could have multigenerational impacts on heritable diseases. According to Skinner, epigenetic changes might play a role in diseases such as breast cancer and prostate disease, whose frequency is increasing faster than would be expected if they were the result of genetic mutations alone.

The finding that an environmental toxin can permanently reprogram a heritable trait also may alter our concept of evolutionary biology. Traditional evolutionary theory maintains that the environment is primarily a backdrop on which selection takes place, and that differences between individuals arise from random mutations in the DNA. The work by Skinner and his group raises the possibility that environmental factors may play a much larger role in evolution than has been realized before.

This research was supported in part by a grant to Skinner from the U.S. Environmental Protection Agency's STAR Program. Related Web sites: WSU Center for Reproductive Biology:

http://www.crb.wsu.edu/Michael. Skinner's Web site: www.skinner.wsu.edu/WSU.

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http://www.herbalhealer.com/candles.html.

Submitted by Dr. Jennifer Armstrong

Parliament backs new EU law on toxic chemicals

STRASBOURG, France, Nov 17 (Reuters) – The European Parliament, seeking to protect the public from toxic substances, approved a landmark chemicals law on Thursday that has pitted Europe's industry against environmental groups for years. Lawmakers backed an amended bill on Registration, Evaluation and Authorisation of Chemicals (REACH), designed to make companies prove that substances used in everyday products such as cars, computers, detergents or paint are safe. The bill, one of the most complex in EU history, has had many detractors, including the United States, which is concerned about trade flows.

http://www.alertnet.org/thenews/newsdesk/L17567680.htm

Call to regulate gender-bending chemicals

Scientists press for urgent curb on endocrine disrupters

Alok Jha, science correspondent, Monday June 20, 2005

The Guardian

Scientists will call on European leaders today to take urgent action to speed up regulation of the thousands of gender-bending chemicals in use across the continent.

The harmful effects of these chemicals – called endocrine disrupters – have been a growing concern in recent years but today's move will be the first time the scientific community has raised its concerns with politicians and the public at large.

The Prague Declaration, named after a meeting of more than 100 toxicologists and chemists in Czech Republic last month, and due to be launched today in Brussels, will state that legislation on the safe use of chemicals does not go far enough and lack of scientific evidence of the harmful effects of these chemicals must not delay political action.

"Many of these chemicals affect development in the womb," said Andreas Kortenkamp, a toxicologist at London University's School of Pharmacy and one of the signatories of the declaration. "The problem is that these effects are not captured in routine testing," he said.

Endocrine disrupters are a diverse group of several thousands of chemicals – such as polychlorinated biphenyls (PCBs) and dioxins – used in everything from pesticides to flame retardants, cosmetics to pharmaceuticals. Some of them alter the function of hormones in animals, either blocking their normal action or interfering with how they are made in the body. Since hormones regulate things like growth and body development, the potential for damage is clear.

The link between these chemicals and detrimental effects in wildlife is well-established: pseudo-hermaphrodite polar bears with penis-like stumps, panthers with atrophied testicles and male trout with eggs growing in their testes have all been documented as the probable result of endocrine-disrupting chemicals in the environment.

"Wildlife provides early warnings of effects produced by endocrine disrupters, which may as yet be unobserved in humans," the declaration said.

Scientists have long suspected that the presence of these chemicals is also responsible for the high prevalence of fertility problems in European men, and for the rise in the number of breast and testicular cancers.

Last month, scientists in America confirmed this fear with evidence that a class of chemicals known as phthalates – used to make plastics more pliable – may harm the development of unborn baby boys. Researchers had known for some time that high levels of these chemicals were harmful, but the latest study suggests that even normal levels – those commonly found in toys, plastic bags and clingfilm – could disrupt the development of male reproductive organs.

"Our interest is to highlight the need to deal with endocrine disrupters in EU regulation," said Dr Kortenkamp.

Forthcoming EU legislation on the safety of chemicals – known as Reach (Registration, Evaluation and Authorisation of Chemicals) – does have some clauses on endocrine disrupters, but scientists are concerned that the proposals do not go far enough.

They said that, while the EU has invested money into finding out how endocrine disrupters harm animals and plants, there has been little thought on what to do with the results.

Dr Kortenkamp said that there must be a more systematic approach to identifying and controlling the use of endocrine disrupters. "The level of proof required in Reach is far too high – it would only capture chemicals where it is more or less already proven that there are effects," he said.

"That is, in our opinion, not good enough. We feel we need to act pretty soon, even though some of the evidence isn't too hard cast."

Neither does Reach consider the potential cocktail effects of these chemicals. "If you continue evaluating chemicals one by one, you run the risk of erroneously concluding that there are no effects," said Dr Kortenkamp.

The declaration stops short of suggesting a ban on endocrine-disrupting chemicals. "Regulatory action can mean anything from labelling at the very soft end to banning at the very hard end," said Dr Kortenkamp.

Nutrition for the Environmentally Sensitive

A report on the October 22 AEHA presentation

By *Allyson Green* RHN, RNCP
Registered Sports Nutrition Advisor & Personal Chef

I was delighted with the opportunity I was given to share some of the nutritional concepts I am passionate about with an insightful group of AEHA members on October 22nd, 2005. In the warm and inviting atmosphere of The Green Door Restaurant a stimulating conversation followed where personal stories of struggle and triumph were shared and those new to our world of environmental illness left with a greater understanding of what AEHA is all about.

Those with environmental sensitivities (ES), allergies, chronic fatigue syndrome and fibromyalgia recognize that when a therapy that works for one sufferer does not work for another, even when a similar symptom profile is shared. In holistic nutrition this phenomena is called *biochemical individuality*, a term describing the unique biochemistry of each person on this planet. As a result of biochemical individuality, no one set of nutritional rules or guidelines exists that will help every member of a given population. There are, however, a number of sound dietary principles that offer support and wellness to all those that practice them, whether afflicted with ES or not. Their application leads to a body that is less burdened by toxicity and more nourished by essential vitamins, minerals, fatty acids, amino acids and vital digestive enzymes. They also result in less structural and emotional stress and thus have the potential to lower your allergic threshold.

Eating a diet that centers on natural, nutritious and fresh foods ensures an intake bursting with crucial nutrients, energy and vitality. Food processing destroys nutrients and commercial packaging contains potentially harmful chemicals, chemicals that are especially dangerous for those plagued by allergies, and so are best avoided.

In holistic nutrition we recognize that stress in all forms, physical, psychological and psychospiritual, hinders our body's ability to carry out necessary functions. This is not the exception, but the *rule* for those with environmental sensitivities. If we consistently eat foods full of contaminants then our detoxification systems and livers in particular, are forced to eliminate the accumulated waste. Energy that could be utilized more effectively ends up being channeled into a stressful, never ending cycle of "internal housecleaning". By choosing fresh and clean foods we reduce that heavy load on our detoxification organs, freeing their resources for energy production and the assembly of vital tissues, hormones, essential fatty acids and amino acids. This extra energy may also be used to address and reduce tissue inflammation that is often present in those with allergies. Choosing tasty and appealing foods satisfies the senses, promotes satiety and facilitates optimal digestion by stimulating the secretion of digestive enzymes in the mouth. Eating a variety of foods and rotating them prevents nutritional deficiencies, decreases exposure to harmful pesticides, chemicals, fats and sugars and may prevent sensitivities and allergies from forming through a reduced load on the digestive organs and less immune stimulation. Food combining is also a powerful stress-relieving tool when trying to reduce the burden on the digestive system.

Finally, moderation and balance are both components of a health-promoting diet. Moderation entails listening to your body, nourishing it and eating until satisfied. It does not include overeating *or* depravation. Balance may be the most important aspect of nutrition in regards to long term health and encompasses the all macronutrients (protein, carbohydrates and fats), the micronutrients (vitamins, minerals, essential fatty acids, enzymes and phytochemicals), flavors, colors and the food groups themselves. Balance ensures that all required nutrients are obtained from a variety of foods in their optimal proportions while promoting satiety.

Incorporating the principles of good nutrition while respecting biochemical individuality is key to developing a health-promoting diet. Eating a variety of natural, nutritious and fresh foods is essential for a healthy diet. Choosing foods that are tasty, appealing and clean while practising food combining and rotation reduces bodily stress. Adopting a moderate, balanced approach to nutrition ensures that you stay on track with your new health goals.

I suggest that you approach any dietary modifications from a place of compassion, working at a pace that is manageable for you and accepting that you cannot do everything all at once or overnight. Choose your battles and above all, *do what you can do*. Select which dietary principle will help you the most and address that one first. In time, after that first principle has become habitual, you will be able to proceed down your list, adopting sound practice after sound practice until you have created *your personal* ideal diet.

Be old-fashioned like me, Charles tells architects

James Meikle, Health Correspondent, *The Guardian*
Tuesday February 22, 2005

Prince Charles resumed his long-standing argument with architects and planners, suggesting they were responsible for building unhealthy cities and buildings.

Too many in the professions still regarded cities and towns as simple collections of mechanical parts, he said.

"Just as we cannot treat organs in isolation, but must promote the health of the whole person, so we are beginning to see we can't treat people in isolation, either. It is imperative that we apply the notion of healing not only to ourselves, but also to our built and natural environments which have been so brutalized."

Addressing a conference of public health specialists, architects and planners in London, he added: "Modern pollutants found in the chemicals with which we surround ourselves are giving rise to new terminology such as 'sick building syndrome' and 'multiple chemical sensitivity'."

There had been alarming increases in allergies, with asthma alone costing the government £900m a year.

"Instead of seeing every building as an opportunity to make an ever more imaginative 'statement', I believe we must see each piece of the built environment as part of a living language, connected to a living tradition," Charles said.

"We must come to regard the characteristics of traditional architecture as not merely unfashionable political statements, to be thrown out with yesterday's rubbish along with the baby and the bathwater, but rather as organically adapting creation over the passage of time, helping us to generate and regenerate places that relate to our essential humanity.

"I know you all know what I mean in your heart of hearts – it's just that so many of us are terrified of being thought of as old-fashioned, out of touch and 'not modern'. Don't worry. I've already volunteered for this particular task," he said.

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Christmas Get-Together 2004 at The Table

The Sound of Change

Hi Everybody,

This year as we enter the Christmas season and in Canada the election season, I am full of hope for the future. That may seem a little unusual seeing I am in detox and in physiotherapy. I am full of hope however because though I have been able to work little these past months, I have been listening.

If you close your eyes and sit still for a moment, you can hear a far off sound. A few years ago it was just a tiny murmur only heard by a few. Today it has grown so much that even the doubters can hear it if they just stop their apathy for a moment and give it a try.

It is the sound of the oppressed, the sound of activists, the sound of doctors and scientists, the sound of the media, it is the awakening of the general public and, lastly, it is the sound of politicians who know why they were elected and intend to follow through. It is the sound of change.

I believe the governments of the future will deal less and less with problems and will be in the solution business, even the prevention business.

We will see diseases like celiac tested for in early childhood so that suffering can be prevented and children can enter school focused on their studies. The health and social savings will be used to run programs such as screening citizens for heavy metal poisoning. Just yesterday, December 8, 2005, Dr. Phil told a female guest on his show that a world renowned clinic had diagnosed her severe destructive behavior problems to heavy metals and other things that were reversible. That, my friends, is the sound of change.

We will see governments tackle pollution, hunger and disease as the real enemies of mankind, for they have the capacity to destroy us all. We will use the savings from the jails that are not full of unhealthy people to help solve world hunger, and we will win because there is nothing we can not accomplish if we simply join together and work.

There is a star shining in the sky this holiday season. It has one simple message: love. You can take all the religions of the world and hold them up to this standard. By it they will stand or fall.

It is through understanding that we are but one family, one community that we will solve the problems that we have created and will venture out into a kind of society that fulfills that message of love. So close your eyes and listen for a moment, then do your part.

As my faith is Christian, I wish you all a Merry Christmas and all that you need and enough of what you want to keep you reaching.

Take care and please keep safe.

Deborah Barrie

A Different Kind of Sweat – Far-Infrared Sauna Detox

by Dr. Carri A. Drzyzga, DC, DNM

What is Far Infrared?
Far-infrared light is part of the Sun's invisible spectrum. One of far-infrared (FIR) light's characteristics is its ability to easily penetrate human tissue up to a depth of two inches. When this happens, it creates a natural resonance/ vibration which has many beneficial properties. Far - infrared heat is completely healthy and safe for all living things.

Shaking Out the Toxins
Dr. Toshiko Yamazaki, MD, has done extensive research on the therapeutic uses of far infrared. In her book, *The Science of Far-Infrared Therapies*, she explains that one of the reasons FIR has beneficial results in a variety of illnesses is the ability of FIR waves to remove toxins, which are often at the core of many health problems.

For example, when toxic substances such as lead, mercury or chlorine meet large water molecules, they are trapped by the clusters of water. Where these toxins are accumulated, blood circulation is blocked and cellular energy is impaired. However, when a 10 micron FIR wave is applied to these large water molecules, the water begins to vibrate.

This vibration reduces the ion bonds of the atoms which are holding together the molecules of water. As the breakdown of the water molecules occurs, the trapped toxic materials are released.

How Far Infrared Works
When any tissue in the body is exposed to FIR waves, there is a rapid increase in warmth which can be shown by thermography. This heat, plus the activation of several other response mechanisms, stimulates the healing processes.

For example, FIR waves:

1. Increase blood flow by promoting dilation (expansion) of the micro-circulatory system of capillaries.
2. Reduce muscle spasms as muscle fibers are heated.
3. Remove toxins from the site receiving FIR waves.
4. Assist in the reduction of swelling and inflammation by improving lymph flow.
5. Reduce soreness through direct action on both free nerve endings in tissues and on peripheral nerves.

At the cellular level, researchers have discovered the FIR wavelengths between 7 and 14 microns:

1. Stimulate enzyme activity.
2. Promote the adhesion and osmosis of water molecules across the cellular membrane.
3. Attract calcium ions to the cellular membrane.

A Different Kind of Sweat
In one study performed by American researchers, the sweat of people using a conventional sauna was found to contain 3-5% toxins while the sweat of those using an infrared sauna contained 15-20% toxins, principally cholesterol, fat-soluble toxins, toxic heavy metals (such as mercury and aluminum), sulfuric acid, sodium, ammonia and uric acid.

Note: This unusually high concentration of heavy metals and other fat-soluble toxins is not found in the sweat from normal exercise.

Reported Far Infrared Health Benefits

- Detoxifies heavy metals including mercury, lead, cadmium, and aluminum.
- Detoxifies arsenic, formaldehyde, pesticides, agent orange, industrial chemicals, and gasoline.
- Detoxifies alcohol, nicotine, heroine, and prescription drugs.
- Purifies the body on a cellular level.
- Other reported health benefits: pain relief, weight loss, detoxification, increased circulation, cholesterol removal, balances immune system, normalizes blood pressure, fibromyalgia pain relief, reduces stress & fatigue, speeds healing to cuts & bruises, reduces swelling and inflammation, removes stress & fatigue, improves joint stiffness.

Why Doctors Recommend Far Infrared
Detoxification using these saunas is not only uniquely helpful in removing fat-stored toxins from the body, but also as an adjunct to mercury removal. Dr. Dietrich Klinghardt, M.D., who has been called "the holistic doctors' doctor and teacher," is one of the pioneers in the use of far-infrared saunas in a heavy metal detox protocol.

Dr. John Cline, MD, explains, "Since [FIR] sauna therapy removes metal contaminants from the body and we have found that it may be used to further the benefits derived from chelation therapy. And we have also found that it may be an alternative for those who are unable to undergo chelation. Research conducted by U.S. scientists has demonstrated that close to 80% of individuals with chronic fatigue syndrome will improve markedly by a guided detoxification program.

We combine this approach with using the far-infrared sauna, as well as exercise and chelation. The results we are seeing are very promising."

Dr. Doris Rapp, MD, adds, "If far-infrared saunas work, why wait to use them? And don't overlook the importance of educating yourself and your children about sources of environmental toxins and allergens. Your future health depends on it!"

To learn more about Far Infrared Sauna Detox Therapy and other detox programs, please contact us at 613-789-6297.

Dr. Carri Drzyzga is a Chiropractor, Doctor of Natural Medicine, Functional Medicine Practitioner, and Certified Brimhall Wellness Doctor. She has recently opened Emerine Wellness Solutions, a wellness centre located in Sandy Hill (Ottawa). She can be reached at 613-789-6297.

AEHAQ Press Release: Group demands healthy housing and recognition of environmental illnesses

Montreal, September 28, 2005 – The Allergy and Environmental Health Association of Quebec (AEHAQ) celebrates its first year of operation by announcing a low-cost ecological housing project for the environmentally ill. AEHAQ will reveal this Quebec first at its Annual General Meeting held on Sunday October 2, 2005 from 9:30 a.m. - 12:30 p.m., at Centre St. Pierre, 1212 Panet St., Room 304, Montreal.

AEHA is a non-profit organisation that defends the rights of people disabled by pollutants in buildings or other contaminated environments. To date, AEHAQ has helped many people with information on how to create safe, chemical-free environments in which to live and heal; with directions for specialized medical help (which is unavailable in Quebec), with help by telephone and with online information and a website.

AEHAQ is greatly concerned about the rising epidemic of preventable illness and injury from exposure to environmental and chemical toxins. According to the U.S. government[1], environmental sensitivities (ES) affects more than 12% of the population, and ES manifests itself by acute hypersensitivity to very low exposures to many of the thousands of chemical products in use today, for example in pesticides, new carpets, particleboard, cleaning products, perfumes and even newsprint. Since ES affects many systems of the body, the symptoms can be numerous and varied: headaches, respiratory problems, irritated eyes, nausea, dizziness, difficulty in concentration, muscular pain and even loss of consciousness.

AEHAQ is proud to announce its project for affordable and healthy housing to accommodate and care for people disabled by ES. Research funded by Canada Mortgage and Housing Corporation, as well as the clinical experience of several doctors specialized in this field, for example, at the Nova Scotia Environmental Health Clinic in Halifax, has shown that reducing or eliminating exposure to pollutants such as mold, smoke and formaldehyde is the best way to improve the health of people living with ES. AEHA is working with an architect and a technical research group to develop its project which will require funding and support from all levels of government. About 2% of people with ES lose their job as a result of their illness and many are too ill to work full time as many workplaces are polluted. They can only tolerate environments with materials that don't offgas (hard surfaces such as wood floors and metal cabinets), special ventilation and filtration. Such ultra clean housing can cost up to 25% more than regular housing. This fall, AEHAQ will petition the National Assembly to convince the Quebec government to finance housing for people living with ES, as well as medical care and recognition of their disability.

For the coming year, AEHAQ will host a six-part series of conferences entitled "Your Environment, Your Health". AEHAQ strives to raise awareness within communities, corporations, governments, educational institutions, the medical community and the general public to prevent further cases of environmental sensitivity. To help us in this venture we will work with doctors, scientists, interested groups and individuals across Canada and create ties with similar organizations throughout North America and overseas.

[1] **http://ehp.niehs.nih.gov/press/12pop.html**

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Vice-President
Spokesperson

Communiqué de presse - L'AEHAQ : **Un organisme demande des logements sains et la reconnaissance des maladies environnementales**

Montréal, Québec, le 29 septembre 2005 - L'Association pour la santé environnementale, les hypersensibilités et les allergies du Québec (AEHAQ) célèbre sa première année d'opération en annonçant un projet de logements écologique à prix modique pour les personnes malades de l'environnement. L'AEHAQ dévoilera cette première au Québec lors de son assemblée générale qui se tiendra le dimanche 2 octobre 2005 de 9:30 à 12:30 au Centre St. Pierre, 1212 rue Panet, local 304, à Montréal.

L'AEHAQ est un organisme à but non lucratif qui défend les droits des personnes handicapées par la pollution dans les édifices ou d'autres endroits contaminés. Jusqu'à présent, l'AEHAQ a aidé des dizaines de personnes en leur donnant de l'information sur la façon de créer des conditions de vie sécuritaires et sans produits chimiques, en les dirigeant vers de l'aide médicale spécialisée (non disponible au Québec actuellement) et avec de l'aide par téléphone et sur le site web.

L'AEHAQ est très préoccupée par la croissance inquiétante (et pourtant évitable) de maladies ou de blessures causées par l'exposition à des produits chimiques toxiques. Selon le gouvernement [1]américain, la sensibilité environnementale (SE) affecte plus de 12 % de la population et se manifeste par une hypersensibilité à des milliers de produits chimiques utilisés dans la vie courante, même à très faible dose. Cela comprend des pesticides, des produits utilisés dans les tapis neufs, les colles dans les feuilles de particules, des produits de nettoyage, des parfums et même l'encre des journaux. Étant donné que la SE affecte différents systèmes de notre organisme, les symptômes sont nombreux et variés : maux de tête, problèmes respiratoires, irritation oculaire, nausées, fatigue, difficulté de concentration, douleurs musculaires et même perte de conscience.

L'AEHAQ est fière d'annoncer son projet de logement abordable pour les personnes handicapées par cette SE. Des recherches financées par la Société canadienne d'hypothèques et de logement (SCHL), de même que l'expérience clinique de plusieurs médecins spécialisés dans ce domaine, notamment au Nova Scotia Environmental Health Clinic à Halifax, a démontré que le fait de réduire ou d'éliminer l'exposition aux polluants comme les moisissures, la fumée et le formaldéhyde, est le meilleur moyen d'améliorer la santé de ces personnes. L'AEHAQ travaille avec un architecte et un groupe de recherche technique pour développer son projet qui demandera des fonds des divers paliers de gouvernement. Environ 2% des personnes qui souffrent de SE, perdent leur travail et plusieurs sont trop malades pour travailler à temps plein car de nombreux lieux de travail sont pollués. Ils ne tolèrent que des environnements construits avec des matériaux sans émissions de gaz nocifs comme le bois dur et le métal, et avec des systèmes de ventilation et de filtration spéciaux. Ce type de construction coûte environ 25% de plus que des logements ordinaires. Cet automne, l'AEHAQ déposera une pétition à l'Assemblée nationale pour convaincre le gouvernement du Québec de financer les logements pour les personnes atteintes de SE, d'offrir des soins médicaux appropriés et de reconnaître leur maladie.

En 2006, l'AEHAQ organisera une série de conférences intitulée : « Votre environnement, votre santé ». L'AEHAQ s'est donné pour missions de mieux faire connaître la SE auprès des corporations, des gouvernements, des institutions, du corps médical et du grand public, afin de prévenir d'autres cas de SE. Nous travaillerons avec des médecins, des scientifiques et des groupes intéressés à travers le Canada et nous créerons des liens avec d'autres organismes similaires en Amérique du Nord et outre-mer.

[1] http://ehp.niehs.nih.gov/press/12pop.html

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[1] http://ehp.niehs.nih.gov/press/12pop.html

Someone Needs a Helping Hand

Morghynn Karenn, MCS sufferer in Port Sydney, Ontario, is in desperate need of assistance. Donations are being collected through AEHA-Ottawa for Morghynn to provide a little help with her most pressing needs.

A disabled lawyer and teacher of dance, Morghynn is now a shadow of her former self, weighing only 85 pounds. Morghynn was fortunate to find a safe apartment in Port Sydney where she lived for nine years. But this summer, disaster hit when her landlord stopped renting out apartments due to new water regulations. So Morghynn spent this summer in a tent – an all-too-familiar scenario for some ES sufferers. The welfare office then cited that she was unavailable to them, though they left no phone messages at the number Morghynn provided. Ironically, the welfare office was able to deliver a letter to her through Canada Post to notify her of the cancellation of her disability benefits. When temperatures started to drop this fall, Morghynn was forced to seek other accommodations. She is now living in a relatively safe hotel room, but social assistance does not want to pay for that, and her situation has become truly desperate. Morghynn has been writing to AEHA-Ottawa asking if AEHA-Ottawa can connect her with some help. She has written to every level of government and every source of emergency funding, with no success.

Donations can be made to AEHA-Ottawa, with "For Morghynn Karenn" in the memo line.

Call for Volunteers

- for help with collection and sorting of articles for newsletter
- for help with newsletter advertising
- for help with newsletter distribution
- as Directors for the Board
- to help with fundraising sale items
- for Research & Archives (need internet access, email, and MS Word)
- to scan existing documents for an electronic archive

Volunteers are also needed:

for the MCS emergency shelter project. Please contact Linda Nolan-Leeming at 274-7820.

FLU PROTECTION

Protection against the flu is a hot topic with the threat of Avian influenza. Let's remember however that:

- The H5N1 Avian flu virus which is the current worry does not spread easily from birds to humans. To date, most human cases have been linked to direct contact with infected poultry. Often, this contact includes high-risk exposure during slaughter, defeathering and preparation of poultry for cooking.
- The best prevention is a strong immune system. A healthy immune system will keep you out of trouble. And as we all know that fear and stress reduce natural immunity, we can say that good health, immune boosting measures and a calm attitude are our best line of defense.
- Should you be affected, there are homeopathic remedies for prevention as well as for treatment, in addition to medical treatment.

PREVENTIVE PROTOCOL

1) Influenzinum 9CH

Hopefully, you already started taking your **Influenzinum 9CH:** ***3 granules once a week for the whole Fall and Winter seasons***. Influenzinum is formulated out of an updated influenza vaccine. It is therefore different each year; simply discard the tubes from last year and be sure to get the new formulation (New Caledonia /20/99, New California /7/2004 and Shangai /361/2002b – last year was Fujian /411/2002, New Caledonia /20/99 and Shangai /361/2002).

For convenience, you may choose to take instead **Influenzinum 200CH:** ***3 granules in October and 3 granules in January***.

By experience, I have found a dose of 9CH every week to be a more gentle and consistent protection throughout the whole season.

2) Thymuline 9CH

Thymulin is a hormone that is essential to a balanced immune system. The primary physiological function of Thymulin is to ensure maturation of T lymphocytes. The homeopathic remedy **Thymuline 9CH** boosts your immune system as a whole; **Influenzinum 9CH**, on the other hand, targets specifically your protection against the flu. The two remedies enhance each other's action. ***Dosage: 3 granules 5 minutes before the dose of Influenzinum, once a week for the whole Fall and Winter seasons***.

For individuals with high susceptibility to recurrent colds and flus, consider re-establishing your constitution/terrain with trace-elements as follows:

3) Manganese-Copper trace element (Labcatal)

Trace-elements are elements that we need in very small amounts. The average amount in one dose is 0,474mg. Therefore, there is no risk of toxicity, overdose or mineral accumulation in the tissues. Manganese-Copper has a specific preventive action on infectious episodes. Manganese is vital to the activity of mitochondrion; Copper has antiseptic and bacteriostatic properties and is also a key element for lymphocyte and thymus activity. In addition, it has anti-inflammatory effects. ***Dosage: 1 dose 3 to 5 times a week for three months.***

CURATIVE PROTOCOL

1) Oscillococcinum
Oscillococcinum is one of the most widely used homeopathic medicines in the world. It is very effective, when taken at the first sign of flu. The remedy is thought to stimulate your body's own defenses. That is why it works best at the onset of symptoms, when the body has more resources to react. ***Dosage: 1 unit-dose every six hours (three times).***
The remedy can then be continued ***(one unit-dose morning and evening for 3 to 7 days)*** or you can switch to the next two remedies if the flu is particularly virulent.

2) Engystol (Heel) and Gripp-Heel
Engystol is used exclusively for viral infections. The main ingredient of **Engystol** is VINCETOXICUM that means to "vanquish toxins". This is in fact Engystol's mode of action, to act on the deep-seated biochemical nature of the immune attack against the virus, through enzymatic action and neutralization of associated toxins. In vitro tests have shown that **Engystol** stimulates the phagocytic activity of human granulocytes up to 33%. In other words, it improves the fighting capacities of white blood cells, which can then further digest microorganisms by 33%. This effect is enhanced to 41% when combining **Engystol** and **Gripp-Heel.** This is a considerably greater effect than that observed with an echinacea product (which produces a 28% enhancement).
It is sometimes difficult to choose a single remedy for the symptoms of flu; the picture may change very quickly as you go through the different stages of the disease and it is not rare to need 4 or 5 different remedies at different times. You don't always have all of them on hand or you may not know which one to choose. **Gripp-Heel** is a good combination which includes remedies for the beginning of flu as well as remedies most useful for the common symptoms of flu: chills, aches, congestion of the upper respiratory system and inflammation.
Dosage: **Engystol:** ***1 ampoule/day for 7 days then 1 tablet 3 times a day as long as needed.*** **Gripp-Heel:** ***1 tablet 3 times a day as long as needed.***

3) Aviaire (or Aviairy) nosode
There is a specific remedy for Avian influenza: it is **Aviaire**: a tuberculin prepared from the culture of a tuberculosis bacillus isolated from a bird. This remedy is not new and was introduced by Dr. Cartier and other homeopaths of Paris (France) at the end of the 19th century. Dr. Cartier gave an account of this nosode in his paper read at the International Homoeopathic Congress in 1896: "**Aviaire** acts most prominently on the apices of the lungs, and its corresponds most closely to the bronchitis of influenza (...) [and has] cured several hopeless-looking cases. It has also done excellently in some cases of bronchitis following measles." He assigns clearly to **Aviaire** "a place in the broncho-pulmonary diseases of children and in acute affections of adults, such as influenza". Dr. Julian says: "**Aviaire** is a very valuable remedy, specially in acute affections of respiratory tract. Its action is sure and faithful". Voisin indicates it in acute otitis, and in broncho-pneumonia; H. Bernard recommends it in tuberculosis of bones and of ganglions and in infantile asthma; Kollish in dragging pulmonary congestion.
NOSODES SHOULD NEVER BE TAKEN ROUTINELY. They should always be prescribed based on the whole picture. If you have the Avian flu, it doesn't mean that you necessarily need the **Aviaire** nosode. Conversely, you may need the nosode to treat cases other than the Avian Flu. If it matches the whole clinical picture and is prescribed in an appropriate dilution and dosage, it will do much good.

The information contained in this newsletter is not intended as a substitute for consulting with your homeopathic practitioner. The author is not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, and procedures discussed in this newsletter. All matters pertaining to your health should be supervised by a health care professional. The dosage, frequency, and potency of the remedies listed above vary with the unique condition and circumstances of each individual. A consultation is recommended to ensure rapid recovery from any condition.

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I Am a Celiac

By Shirley Plant

So what does that mean? Well, it means that people who are celiac have a lifelong autoimmune intestinal disorder. It is genetic – you are born with the tendency to develop it at some time in your life. For many, Celiac Disease can go undetected as their symptoms may not be dramatic; but for others, symptoms such as anemia, chronic diarrhea, fatigue, cramps and irritability can make them very sick.

When a celiac ingests gluten, it interferes with the absorption of nutrients. Celiac Disease is unique in that a specific food component, gluten, is the trigger. Gluten is a protein found in specific cereal grains – so wheat, spelt, kamut, rye, barley, and oats must be eliminated from your diet. There is no cure for Celiac Disease: you must eliminate gluten from the diet completely, for life. This also means checking food labels to make sure no gluten is added to the food item you are buying.

For me this is not a big deal, as I have had food allergies and food intolerances for years and am used to checking labels. Since I make most of my food myself due to my limited diet and allergies, I simply now have to remove a few more foods from my already short list of foods I eat.

Some celiacs do not have other food allergies, so they simply remove gluten from their diet and can lead a normal healthy life. But others like myself need to avoid eggs, dairy, refined sugar, yeast, etc.

Since I am used to making up a lot of my recipes, I decided to put a cookbook together for others who, like me, have food intolerances. Now I am adding quite a few gluten-free recipes as well to the book.

I suggest to newly diagnosed celiacs that they attend a session for the newly diagnosed sponsored by the Celiac Association (e-mail info@celiac.ca to find the next session near you). Then go into a good health food store and ask for assistance in finding gluten-free products. You will be amazed at how much there is to eat, so don't feel deprived if you suddenly find out you are celiac. Foods like quinoa, teff, millet and rice products are in abundance now and make life a little easier. Quinoa flour makes lovely light pancakes, and try brown rice pasta – it is really tasty.

Try stir frying some fresh vegetables and herbs and serving over brown rice pasta, or quinoa pasta for a quick dinner idea.

I used to make muffins with brown rice flour or spelt flour, but now I have to omit the spelt flour as it has gluten. The other day I decided it was time to make up a muffin mix that was yummy and wasn't crumbly like some of my brown rice muffins. Now remember I cannot use dairy, eggs and sugar, so I needed flours that wouldn't leave me with a crumbly mess. Off I went to my health food store in search of the perfect gluten-free flours. I brought home every gluten-free flour available; and after trials and tribulations in my kitchen, I have come up with a muffin that I think quite yummy!

Give it a try and see if you like it. I hope you do – and I hope it gives you a few more options if you are living with Celiac Disease.

Blueberry Banana Muffins

Free of dairy products, wheat, yeast, sugar, eggs, soy, nuts and gluten

3-4 bananas, mashed
¼ cup water
½ cup safflower oil
¼ cup maple syrup (optional)
½ tsp. vanilla
2 tsp. cinnamon
¾ cup chickpea flour
¼ cup arrowroot flour
¼ cup tapioca flour
¼ cup potato starch
½ cup brown rice flour
2 tsp. baking soda
1 tsp. xanthan gum
1 cup fresh blueberries

Mash bananas with water. Add oil, syrup, vanilla and cinnamon and mix well. Add in flours and mix well. Fold in blueberries. Spoon into muffin tins and bake at 350 F for 30 minutes.

If you need to omit corn from your diet, use guar gum instead of xanthan gum.

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Mothers' Exposure to Air Pollutants Linked to Chromosome Damage in Babies

PRESS RELEASE - FEBRUARY 15, 2005
NIEHS PR #05-03 NIEHS Contact: John Peterson

A new study of 60 newborns in New York City reveals that exposure of expectant mothers to combustion-related urban air pollution may alter the structure of babies' chromosomes while in the womb. While previous experiments have linked such genetic alterations to an increased risk of leukemia and other cancers, much larger studies would be required to determine the precise increase in risk as these children reach adulthood.

The air pollutants considered in this study include emissions from cars, trucks, bus engines, residential heating, power generation and tobacco smoking. These pollutants can cross the placenta and reach the fetus.

The study was funded by the National Institute of Environmental Health Sciences, part of the National Institutes of Health, the U.S. Environmental Protection Agency, and other private foundations. The research was conducted by scientists from the Columbia University Center for Children's Environmental Health. Study results will be published in the February issue of Cancer Epidemiology Biomarkers and Prevention, and are available online at http://cebp.aacrjournals.org/.

"This is the first study to show that environmental exposures to specific combustion pollutants during pregnancy can result in chromosomal abnormalities in fetal tissues," said Kenneth Olden, Ph.D., the director of NIEHS. "These findings may lead to new approaches for the prevention of certain cancers."

Researchers monitored exposure to airborne pollutants, known as polycyclic aromatic hydrocarbons (PAHs), among non-smoking African-American and Dominican mothers residing in three low-income neighborhoods of New York City – Harlem, Washington Heights and the South Bronx.

"Although the study was conducted in Manhattan neighborhoods, exhaust pollutants are prevalent in all urban areas, and therefore the study results are relevant to populations in other urban areas," said Dr. Frederica P. Perera, director of the Columbia Center for Children's Environmental Health and senior author of the study.

"We observed 4.7 chromosome abnormalities per thousand white blood cells in newborns from mothers in the low exposure group, and 7.2 abnormalities per thousand white blood cells in newborns from the high exposure mothers," said Perera. "In particular, stable alterations were increased, which are of greatest concern for potential risk of cancer, since cells with this type of abnormality can persist in the body for long periods of time."

Chromosomal abnormalities were measured in umbilical cord blood by a "chromosome painting" technique called fluorescence in situ hybridization, one that enabled researchers to observe the structural changes within the chromosome. Chromosomes are the threadlike packages in the nucleus of the cell that contain the cell's genetic information.

"This evidence that air pollutants can alter chromosomes in utero is troubling since other studies have validated this type of genetic alteration as a biomarker of cancer risk," said Perera. "While we can't estimate the precise increase in cancer risk, these findings underscore the need for policymakers at the federal, state, and local levels to take appropriate steps to protect children from these avoidable exposures."

Previous studies conducted by Perera and colleagues showed that combustion-related air pollutants significantly reduce fetal growth, which may affect cognitive development during childhood.

The study is part of a broader, multi-year research project, "The Mothers & Children Study in New York City," started in 1998, which examines the health effects of exposure of pregnant women and babies to air pollutants from vehicle exhaust, the commercial burning of fuels, and tobacco smoking, as well as from residential use of pesticides and allergens.

The National Institute of Environmental Health Sciences is a federal agency that conducts and funds basic research on the health effects of exposure to environmental agents.

For more information, please contact John Peterson, public affairs specialist with the NIEHS Office of Communications, at (919) 541-7860, or call Heather Ross, senior media specialist with the Columbia Center for Children's Environmental Health, at (212) 576-2700, ext. 243.

http://www.niehs.nih.gov/oc/news/airpollutant.htm

Announcements & Member classifieds

This section is devoted to announcements and free want ads/for sale items in support of AEHA members and pertaining to Environmental Sensitivities.

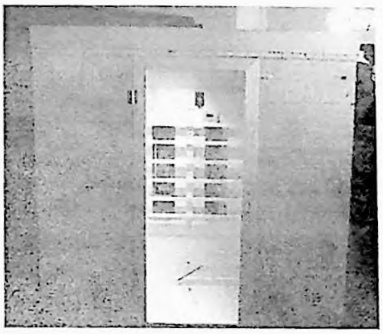
GET CONNECTED!

Do we have your email address? If you have access to a computer and are not in our email group, please send your email address to office@aeha.ca. Your email address will be kept completely confidential and used only for these purposes: meeting reminders, renewal reminders, address and phone changes, notification of special events, and opportunities to take action on critical ES issues.

Looking for people with environmental sensitivities (ES) to participate in a research study on people's experiences with health and social services. You need to be over 18 years old, have had ES for at least one year, and have had some experiences with the health and social service system in Canada or the US within the last 5-10 years. The interview will be audio-taped. Upon completion of the interview, you will receive $25.00 (CAN) for your participation. Please leave a message for Nathalie Doiron, PhD candidate at the University of Toronto, Faculty of Social Work, at 416-922-2672, ext. 412 or e-mail at nathalie.doiron@utoronto.ca – Thank you in advance for your response!

CAR-SHARING – I'm looking for someone with a relatively ES-safe car who would be interested in sharing the car for about 4 days a month (or other arrangement), either for a flat fee or a percentage of costs. I live in the Main Street area (near the Green Door restaurant). If you are interested, please call Yolande at 233-7816 or by email at ybmennie@cyberus.ca.

DVDs of the November 19 conference will be available soon. Watch the AEHA website for a notice; an email will also be sent out to members when the DVD copies are ready. A couple of copies will be available for loan in our library and copies will also be for sale.



Far-Infrared Sauna for Sale – the most effective treatment for detoxification. Will also remove heavy metals safely. Made from kiln dried poplar; 6 stainless steel and ceramic heaters; wired with BX cables for low EMF's; tempered glass door; 26"X61"X62" high and seats 2 persons. Cost $2,750 (includes immediate delivery and assembly). Call Linda at 274-7820.

Need allergy-friendly office

I am looking for an office, in someone's home, in an apartment building, or in a small office building. Will also consider renting part of a duplex or renting a small house.

I am a middle-aged, quiet, congenial professional, with a good sense of humour, fully bilingual.

Requirements:

1. uses safe cleaning products OR is open to switching if I pay for them.
2. no recent renovations and no renovations planned for the next year - other than non-toxic painting.
3. no pesticides on the office property or, for residence or apartment - minimal use by neighbours.
4. able to tolerate having a printer and large collection of books and papers (in metal file cabinets and bookcases, but still, a lot of paper).
5. window that opens.
6. relatively unscented office mates. So a massage clinic that uses essential oils, or an office with someone who insists on wearing perfume is out.

I am open to renting an apartment, a granny suite, a small office, sharing office space with another health professional, accountant, or other quiet, office-based person, either in Ottawa, or Gatineau near the Ottawa River, OR in Chelsea. Will consider renting a whole house or cottage to get the kind of space I need.

If you have space, or know of someone I might contact for help in hunting, please leave a message at: 562-5800, ext 4861.

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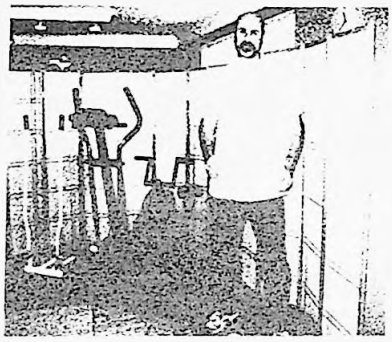
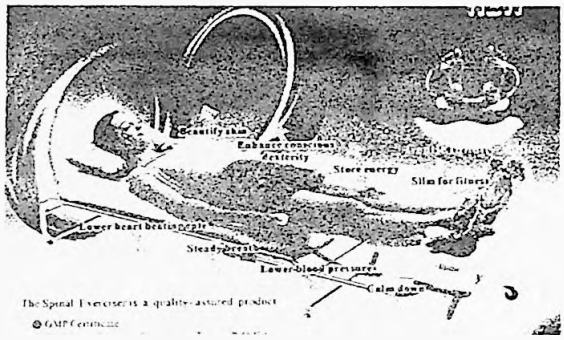


EXERCISE MOBILIZES CHEMICALS



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Going Organic Can Shield Children from Pesticides

By Marla Cone, *Times* Staff Writer.
September 1, 2005

A study finds benefits are "immediate" and suggests that youths are exposed to the chemicals primarily through food, not spraying of homes. Switching to organic foods provides children "dramatic and immediate" protection from pesticides that are widely used on a variety of crops, according to a study by a team of federally funded scientists. Concentrations of two organophosphate pesticides – malathion and chlorpyrifos – declined substantially in the bodies of elementary school-age children during a five-day period when organic foods were substituted for conventional foods. The two chemicals are the most commonly used insecticides in U.S. agriculture. More than 2 million pounds were applied to California crops in 2003, according to records of the state Department of Pesticide Regulation. The health effects of exposure to minute amounts of pesticides found in food are largely unknown, especially for children. Some research, however, suggests that the residue may harm the developing nervous system.

http://ehp.niehs.nih.gov/docs/2005/8418/abstract.html

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Global Recognition Campaign

The Global Recognition Campaign was started by Diana Buckland of Australia as a way to unite those stricken with multiple chemical sensitivity and other chemically induced illnesses, diseases and injuries. Everyone with such an illness or their families are encouraged to send their story to Diana at info@mcs-global.org and also to go to www.mcs-global.org and sign the guestbook.

United we stand!

Diana's website has started to post many interesting and useful articles in many different languages, and they are always looking for more.

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2006 Meetings & Events

Saturday, February 4, 2006
Healthy Homes for Optimum Health

Paul Battle of INvironments will be speaking on basic home systems and common MCS triggers, understanding the building envelope, air circulation, air ventilation, air filtration, air purification in homes. Raising awareness of the two main triggers: natural gas and moulds.

Linda Nolan-Leeming of Linda Nolan Interiors will speak on the health effects of outgassing of materials and general criteria for a healthy home.

Rodney Wilts of The Healthiest Home and Building Supplies will speak on healthy, non-toxic and sustainable alternatives in building materials.

Registration: 8:30-9 a.m.
Paul Battle: 9-10:30 a.m.
Break: 10:30-10:50 a.m.
Linda Nolan Interiors: 10:50-11:30 a.m.
Rodney Wilts: 11:30-1 p.m.

Location: The Chambers, Ben Franklin Place, Cenrepointe Drive in Nepean

Saturday, April 8, 2006
A morning presentation and mini-film festival by Helke Ferrie

Helke Ferrie, medical science writer and author of *Dispatches from the war zone of environmental health,* numerous other publications on environmental health, and frequent articles in *Alive* magazine, will be presenting two films. The first documentary film, Holzfeind's *Exposed,* provides insight into the impact of ES/MCS on the individual through a dense net of images and information, emotions and reflections about this (still) enigmatic and controversial illness. The second film, also a new documentary, is called *The Future of Food* and provides an update on GMOs, the gains made in the campaign against them worldwide, and the tasks ahead. There will be time allowed for discussion and commentary on the films.

Location: The Chambers, Ben Franklin Place, Centrepointe Drive in Nepean